

Bicycle Safety

Using and operating a bicycle safely can reduce many accidents. The correct use of a helmet can save one life per day and prevent head injuries. According to the Center for Disease Control and Prevention, bicycle-related head injuries account for about:

- 500 deaths per year;
- 17,000 hospitalizations;
- 153,000 emergency department visits;
- Two-thirds of bicycle-related deaths;
- One-third of non-fatal bicycle injuries.

North Carolina law requires that children under 16 wear bicycle helmets. Black Mountain and Boone require all riders to wear helmets. For further information on bicycle helmets, go to the Bicycle Helmet Safety Institute's web site.>> ([CLICK HERE](#))<<

One important tip for children is to remove the helmet when at a playground. The helmet can become caught and potentially choke a child.